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## LONDON HORROR 'SICK AND DEPRAVED'

Terror strikes at the heart of Britain's democracy

metroNEWS



Five people were killed and 40 injured after a man drove into a crowd of people on Westminster Bridge and stabbed a police officer inside the gates of Parliament in London. TOBY MELVILLE/REUTERS

### FEDERAL BUDGET

#### OTTAWA REACTS

'It's great news for our city': Mayor

#### WOMEN'S RIGHTS

Entire budget passed through gender-based prism

#### TRANSIT

\$20.6B for transit over 11 years across the country

Plus columnists weigh in on who really benefits

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## BUSINESS

### Clocktower pubs expand downtown

As craft brewing continues to grow in popularity, Clocktower Brew Pub is looking to assert itself as the Ottawa original with another expansion downtown and its first in the suburbs.

Co-owner Todd Brown says the coming location across from the Rideau Centre at 140 Rideau St. will be bolstered by the mall's expansion, Ogilvy Square and the coming LRT station.

"That corner should be pretty hot," he says.

The indoor capacity will be similar to the chain's other locations with approximately 140 seats, while a slightly larger patio will have room for between 80 and 100 patrons.

Though Clocktower already has a location a few blocks away on Clarence Street in the By-Ward Market, Mr. Brown says the new location caters to a different crowd.

"We see it being more as lunches and after-work audience, not so much late night."

The other location at 2010 Trim Rd., at Innes Road, should open within four weeks, Mr. Brown says. This expansion rep-

resents the first Clocktower in Orleans, part of the suburban market where the owners see a great deal of potential.

"The 'burbs have really expanded a lot," Mr. Brown says.

While the rise of craft brewing has meant increased competition from brew pubs popping up across the city, the demand for locally-brewed products has been a boon for Clocktower. Mr. Brown says the Ottawa chain of brew pubs has sold a higher percentage of its own product over domestic and other brands in recent years, a change he credits to millennials.

"They approach drinking very differently than their parents did. They're more adventurous, they want to try new things," he says.

After adding the Rideau Street location, Mr. Brown says there may be still be room for one more Clocktower downtown, adding that the plan is to add one location per year across the city for the foreseeable future. The two coming expansions will bring the total number of Clocktower locations to seven. CRAIG LORD/OTTAWA BUSINESS JOURNAL



New Clocktower locations will be opening soon. CONTRIBUTED

## Good bargains on higher-end hotels

### TRAVEL REPORT

#### Tourists pay an average price of \$201 for a four-star room



**Haley Ritchie**  
Metro | Ottawa

A report by Hotels.com suggests that visitors to Ottawa can expect to get good bargains on higher-end hotels — but the lower prices are explained in part by the city's lack of five-star locations.

A search of the site reveals six five-star hotels in Toronto. Prices for the last weekend in August at Trump Tower start at \$599 while a room at the Four Seasons Toronto starts at \$750.

In Vancouver, the same website identifies five hotels that are designated five-star. Montreal has four. Ottawa, despite its reputation as a tourism destination, has none.

The city doesn't generally attract that kind of consumer, said Steve Ball, president of the Ottawa Gatineau Hotel Association.

"The requirements for a five-star hotel are really over the top, and it doesn't make sense in Ottawa to have one," Ball said. "It would just be too expensive, I don't know that the demand would be there."



A man walks past the Fairmont Chateau Laurier in downtown Ottawa on Wednesday. The castle-like property may be one of Ottawa's most distinctive landmarks, but staying at the four-star hotel is much cheaper than the five-star properties that exist in Toronto and Vancouver. HALEY RITCHIE/METRO

But we may see a five-star property in the future, he said.

"It would be really cool to see something like that on LeBreton Flats," he said. "Really taking advantage of that last piece of really good downtown property.... We're in a sweet spot for the

# 10

The average price for a four-star hotel room in Ottawa is about 10 per cent less than in Vancouver.

size of our city but we'll continue to evolve and more and more people are interested."

Ottawa does have a wide variety of four-star hotels, often at more affordable prices than in other big cities, according to

the survey. The average price for a four-star in Ottawa was \$201 — 10 per cent less than in Vancouver.

At the lower end, Ottawa starts to become comparatively more expensive: the average room price for a three-star hotel in 2016 was \$160, which is more expensive than the same offerings in Toronto, Vancouver and Montreal.

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2017 BUDGET

# Ottawa gets some budget goodies

## POLITICS

## Phase 2 of LRT namechecked, no commitment to funding made



**Haley Ritchie**  
Metro | Ottawa

The 2017 federal budget announcement didn't include a number for Ottawa's Stage 2 LRT, but Mayor Jim Watson said funding has been assured, along with new opportunities for the city's social-housing and technology sector.

Watson said he was contacted by Minister of Infrastructure Amarjeet Sohi on Tuesday with a promise that the federal government will provide funding for the light rail transit project.

Inside the budget document, LRT Phase 2 is mentioned as a major project alongside expansions to Toronto GO Train and rail in Calgary, Vancouver and Montreal. Watson said the agreement will be finalized before May.

"It's great news for our city," said Watson. "I thank the local MPs and the ministers who have been very, very helpful in working with us to ensure that we get to this point where we get shovels in the ground as quickly as possible."

Watson said his only criticism of the budget was the end of a tax credit for tran-



Mayor Jim Watson speaks to reporters about the 2017 federal budget outside his office on Wednesday. **HALEY RITCHIE/METRO**

sit passes. The rebate would save an Ottawa resident who purchased 12 monthly transit passes around \$205.

"I think it was a good incentive for people to buy a transit pass and get some money back," said Watson. "I know they said they're getting out of so-called 'boutique

tax credits' but that is one I would have hoped they would have kept."

Watson said he was pleased to see the federal government expanding its affordable housing efforts with \$11.2-billion funding promised over the next decade.

The federal budget also

notes new initiatives to make federally owned lands available at no or low cost for affordable housing. Ottawa's large amount of federally owned land could mean a major advantage.

The City of Ottawa had 10,052 families on the affordable housing waitlist in

# 10,052

Number of families on the affordable housing waitlist who might stand to benefit from the budget's \$11-billion commitment

# \$205

The rebate that an Ottawa resident who purchased 12 monthly transit passes would have received via the transit tax credit that was eliminated in the new budget.

## + MEDICINE

### Lifesaving overdose preventive now GST free

Naloxone, a drug which can be a lifesaver in cases of opioid overdose, and which many Ottawa pharmacies have begun carrying in the wake of recent overdoses, will no longer be subject to GST, the government says.

When the drug was only available by prescription, it was exempt from the sales tax, but the prescription requirement has been dropped for use in emergencies. Wednesday's federal budget eliminates the GST requirement.

THE CANADIAN PRESS

December. Watson said new projects are ready to launch but need funding attached.

"We just can't do it on our own," he said. "Our goal will be with working with the federal agencies to determine when the programs will be available and open and how quickly we can get our oar in the water."

The mayor confirmed that Ottawa will compete hard for technology-innovation money in the "smart city challenge," especially when it comes to self-driving vehicles.

The federal budget is also closing a tax loophole that has allowed ride-share com-

pany Uber, including local drivers, not to pay federal taxes.

The city legalized the ride-share service in September, and Watson said taxing the company is the right decision.

"It's only fair to level the playing field," said Watson.

"Obviously the taxi industry is seeing for the first time some serious com-

petition that has come in, and ultimately no one likes to pay more for anything but if taxis are paying the GST, then people who use Uber should pay the GST as well."



## It's great news for our city.

Mayor Jim Watson on the feds' commitment to funding the city's LRT project.

## MISSING PERSONS

## Mother, son sought in Amber Alert found safe in Ottawa area

A young boy and his mother who were the subjects of an Amber Alert were found safe and sound in the Ottawa area Wednesday, said Quebec provincial police.

Police tweeted the update several hours after Joel

Mukonkole, 4, and his mother, Rachel Esema-Okako, 31, were reported missing from Saint-Jerome, north of Montreal.

A police spokeswoman said the mother was arrested and the youngster placed in the

care of relatives.

Earlier in the day, police had said the pair were spotted in the Kanata region near Ottawa shortly after the alert was triggered. Police had said they feared for the boy's safety. **THE CANADIAN PRESS**

## MARIJUANA

## Arrests made in dispensary raids

Ottawa police have arrested seven people and seized a gun in raids of two storefront marijuana dispensaries and a private home.

Police say drug unit officers searched the dispensaries and the home on Tuesday, seizing drugs, including

marijuana, hashish, edibles and a marijuana concentrate known as "shatter," as well as a .44-calibre handgun and ammunition.

They say four pot shop employees were among those arrested. The charges include several gun-related offences,

drug trafficking and drug possession for the purpose of trafficking.

Staff Sgt. Rick Carey said Wednesday in a news release that storefront dispensaries remain illegal and police will continue to enforce the law. **THE CANADIAN PRESS**

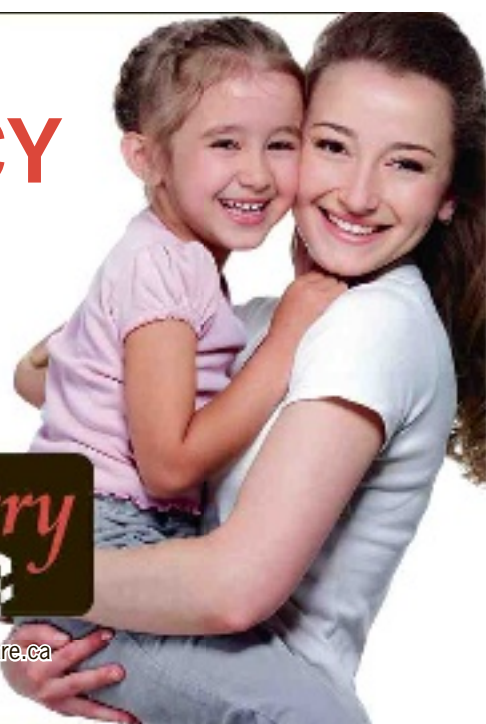
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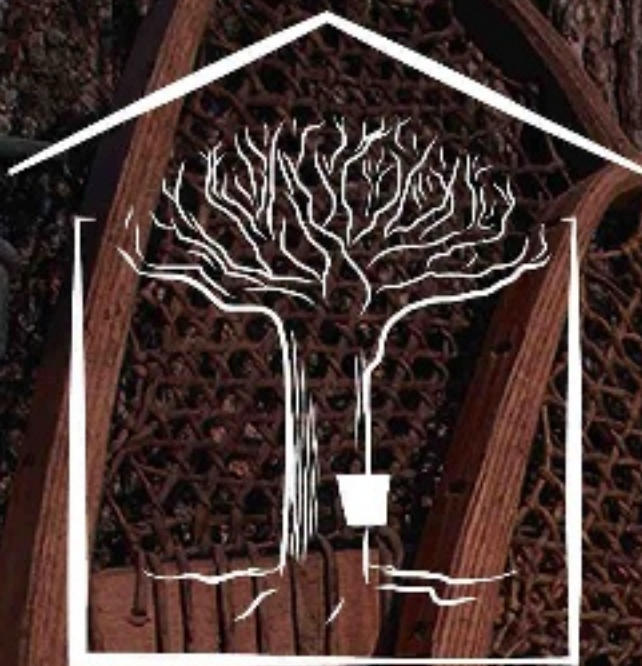


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# 5 Things worth taking note of in the budget

The 2017 federal budget has money for transit, affordable housing and is the first-ever budget to be considered through a gender-based prism. **RYAN TUMILTY/METRO** WITH FILES FROM THE CANADIAN PRESS



## 1 Gender equality

In what was billed as an historic first, the Liberal government says the entire 2017 federal budget was considered through a gender-based prism, with specific investments framed to promote equality and bring more women into the workforce. Speaking to Parliament on Wednesday, Finance Minister Bill Morneau said all measures in the new budget were assessed based on their impact on women. The "Gender Statement" in the 2017 budget outlines the persisting wage gap between men and women in Canada, as well as the overrepresentation of women in lower income sectors and the low proportion of women in management and boardroom positions.

## 2 Transit

The government will spend \$20.6 billion over the next 11 years across the country on public transit projects. The Liberals are prepared to cover up to 40 per cent of new subways and light rail lines. The number rises to 50 per cent for repair or rehabilitation projects, but the government is capping the amount that can be spent on rehabilitation, favouring the construction of new projects. As cities had asked, there will be no application process, with money flowing based on an agreed upon formula that will prioritize cities that already have large transit ridership.

## 3 Housing

The government is investing \$11.2 billion over 11 years on affordable housing. The money won't start flowing until after the 2019 election, even as cities across the country are closing subsidized housing units and have people on long wait lists. The funding will go to the provinces to build new units and repair existing ones, as well as a new national housing fund that will provide low-coast loans for more housing units and help keep current rent-geared-to-income units open. The government is also pledging to open up more federal land at little or no cost for affordable housing.

## 4 Child care

The budget includes \$7 billion over the next decade to increase access to affordable child care, the option to begin maternity leave earlier or extend parental leave to 18 months. The details outlined estimated that child care spending could create 40,000 new, subsidized daycare spaces countrywide over the next three years, representing a bump of less than 10 per cent in the overall number of spaces, although it's unclear how the Liberals came to that figure. The budget said the money could help parents more easily enter the labour force, particularly women, much as it did in Quebec.

## 5 Ethics training for judges

The federal government will invest additional \$2.7 million over five years, plus \$500,000 annually afterwards, for the Canadian Judicial Council to support training on ethics and conduct for federally appointed judges, while also ensuring access to professional development that is gender and culturally sensitive.

### MONTHLY PASSES

## Transit riders lose tax break



**Ryan Tumilty**  
Metro | Ottawa

The Liberal government is eliminating the tax credit allowing Canadians to deduct part of the cost of monthly transit passes.

The 15 per cent non-refundable tax credit has been in place since 2006.

"We will eliminate inefficient tax measures, especially those that disproportionately benefit the wealthy," finance minister Bill Morneau said in his speech in the Commons.

While the public transit credit does not disproportionately impact the wealthy, Morneau said it wasn't working.

"We set on a course to make sure our tax system was fair

and that our tax system was efficient," he said. "We found that it was not doing what it was intended to do."

Riders will be able to deduct passes this year up until June, but after that the credit will end.

Morneau said the government was investing in building more public transit, which would ultimately do a better job of growing ridership.

Edmonton Mayor Don Iveson, chair of the Big City Mayor's Caucus, said that tax credit amounting to \$5 or \$10 a month is not going to make or break a person's decision to take transit. But NDP leader Tom Mulcair countered back, saying that it's a mistake to look at the credit only as an incentive to take transit; it's also a social good.



**We found that it was not doing what it was intended to do.**

Bill Morneau

"It's one of the things that gave people who used public transit a bit of a break," Mulcair said.

According to the government, removing the credit will save just over \$1 billion over the next five years.

The latest figures show about 1.8 million Canadians claim the credit annually, but only about 1.3 million people actually make enough money for the credit to reduce their taxes.



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**1 British Prime Minister Theresa May** speaks outside 10 Downing Street in central London on Wednesday, after the terror incident in the U.K. Parliament.

**2 An armed police officer** guards Westminster Bridge and the Houses of Parliament on Wednesday.

**3 A member of Parliament** helps emergency services attend to an injured person outside the Houses of Parliament.

PHOTOS: GETTY IMAGES & ASSOCIATED PRESS

# ‘We will all move forward together’

## TERRORISM

### Five killed, 40 injured in attack on U.K. Parliament

A knife-wielding man went on a deadly rampage in the heart of Britain's seat of power Wednesday, plowing a car into pedestrians on London's Westminster Bridge before stabbing a police officer to death inside the gates of Parliament. Five people were killed, including the assailant, and 40 others were injured in

what Prime Minister Theresa May condemned as a "sick and depraved terrorist attack."

Lawmakers, lords, staff and visitors were locked down after the man was shot by police within the perimeter of Parliament, just metres from entrances to the building itself and in the shadow of the iconic Big Ben clock tower. He died, as did three pedestrians on the bridge, and the police officer.

A doctor who treated the wounded from the bridge said some had "catastrophic" injuries. Three police officers, several French teenagers on a school trip and two Romanian tourists were

among the casualties.

Police said they were treating the attack as terrorism. There was no immediate claim of responsibility. Metropolitan Police counterterrorism chief Mark Rowley said police believed there was only one attacker, "but it would be foolish to be overconfident early on."

The threat level for international terrorism in the U.K. was already listed as severe, meaning an attack was "highly likely."

Speaking outside 10 Downing St. after chairing a meeting of government's emergency committee, COBRA, May said that level would not change. She said

attempts to defeat British values of democracy and freedom through terrorism would fail.

"Tomorrow morning, Parliament will meet as normal," she said. Londoners and visitors "will all move forward together, never giving in to terror and never allowing the voices of hate and evil to drive us apart."

U.S. President Donald Trump was among world leaders offering condolences, and in Paris, the lights of the Eiffel Tower were to be dimmed in solidarity with London.

Parliament was locked down for several hours, and the adjoining Westminster subway station

was shuttered.

The attack began early Wednesday afternoon as a driver in a grey SUV slammed into pedestrians on the bridge linking Parliament to the south bank of the River Thames.

Ambulances arrived within minutes to treat people who lay scattered along the length of the bridge. One bloodied woman lay surrounded by a scattering of postcards. Police said one injured woman was pulled from the river.

The car crashed into railings on the north side of the bridge, less than 200 metres from the entrance to Parliament. As people

scattered in panic, witnesses saw a man holding a knife run toward the building. The attacker managed to get past a gate into Parliament's fenced-in New Palace Yard, a cobbled courtyard in the shadow of Big Ben.

Daily Mail journalist Quentin Letts said a man in black attacked the police officer before being shot two or three times as he tried to storm into the building.

"As this attacker was running towards the entrance two plain-clothed guys with guns shouted at him ... he ignored it and they shot two or three times and he fell," Letts told the BBC.

THE ASSOCIATED PRESS

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# Brussels marks anniversary of massacre



People make a heart with their hands during the one-year anniversary of the attack in Brussels on Wednesday. GETTY IMAGES

## ANNIVERSARY

### City trying to forge ahead after last year's deadly bombings

As the chaos in London, U.K. ensued, the city of Brussels, Belgium was marking the one-year anniversary of a day in which three bombers killed 32 people and wounded more than 300 in

the Brussels airport and subway a year ago.

A year later, the city's physical scars may have healed, but the pain is still there. Residents and authorities are determined to forge ahead, without changing the character of their city.

"It's the responsibility of each and every one of us to make our society more humane, and more just," King Philippe told a remembrance service as a new monument was unveiled to the victims in the Belgian capital's

European quarter.

"Above all, let us dare to be tender," he said.

The fear of an attack is widely shared across Europe, underlined at Britain's parliament Wednesday as an attacker stabbed an officer and was then shot by police, and witnesses said a vehicle struck several people on the nearby bridge.

Even if locals in Brussels are mostly oblivious to heavily armed paratroopers patrolling the city's landmarks, visitors still stop in

their tracks when they notice the camouflage dress and the machine-guns.

Normality is still far off on the anniversary of the attacks.

Before the attacks, said Patrick Bontinck, CEO of the Visit Brussels tourist office, "tourism was growing approximately 10 per cent each year since five years."

"We had a drop of approximately from 30 to 40 per cent in just two or three days after the attack," Bontinck said.

THE ASSOCIATED PRESS

## REACTION

### Trudeau to London: 'We stand with you'

The apparent terrorist incident outside the British Parliament is a cowardly attack on democracy around the world, says Prime Minister Justin Trudeau.

Canada stands ready to help Britain in any way it can after the attack, which left at least five dead in London, Trudeau said Wednesday.

The dead included the attacker and a police officer, and some 20 more were wounded in the incident, which occurred on the grounds of the Parliament Buildings and the nearby Westminster Bridge, London police said.

The British Parliament was locked down while police searched the area to ensure there were no other attackers.

In Canada's House of Commons, Trudeau called the attack on Britain's seat of

democracy "a cowardly and reprehensible act that we condemn in the strongest terms.

"Canada and the U.K. are close friends and allies and our message to the citizens of the United Kingdom and our colleagues in the British Parliament is simple: We stand with you."

Trudeau said the scene unfolding in London was "all too familiar" to MPs who were on Parliament Hill in October 2014 when a gun-toting Michael Zehaf Bibeau stormed into Centre Block after killing a soldier at the nearby National War Memorial.

Zehaf Bibeau was killed outside the Library of Parliament in a shootout with police and parliamentary security officers.

THE CANADIAN PRESS

### Other terror attacks

Britain has been targeted anew by what authorities are calling a terrorist incident. A look at other attacks on the country in recent years:

#### JUNE 2016

Far-right supporter Thomas Mair shot and killed British lawmaker Jo Cox who had campaigned for the UK to remain in the European Union, one week before Britain's referendum on its EU membership. The attack shocked the country and focused attention on home-grown far-right extremism in Britain.

#### DEC. 5, 2015

A Daesh-inspired taxi driver tried to behead a passenger in the east London Underground station of Leytonstone. Somali-born Muhiddin Mire was sent to a high-security mental hospital to serve a life sentence. The judge ruled that Mire had been motivated by events in Syria. The incident came days after Parliament approved British airstrikes on Daesh targets in Syria.

#### MAY 22, 2013

Two British-born, al-Qaida-

inspired extremists stabbed off-duty soldier Lee Rigby to death on a busy south London street. The men ran Rigby down with their vehicle and then used a cleaver to hack him to death. Images of attacker Michael Adebolajo holding a butcher knife and cleaver with bloodied hands in the moments after killing shocked people around the world and sparked fears of Islamist extremism in Britain.

#### JUNE 2007

Two men were arrested after they drove a Jeep Cherokee into Glasgow Airport's terminal in Scotland and set it ablaze. Authorities said the attack was linked to a failed car bombing a day before in London.

#### JULY 7, 2005

In the worst peacetime attack on Britain this century, four Al-Qaida-inspired bombers blew themselves up on three subway trains and a bus in London, killing 52. Three of the bombers were British-born, all of Pakistani descent; the other emigrated from Jamaica.

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# African states urged to provide safe water

## INFRASTRUCTURE

### World health agency says 1.8 billion use unsafe supply

Nearly a third of people in sub-Saharan Africa do not have access to safe drinking water, the World Water Council said Wednesday, urging governments to contribute adequate amounts of their budgets toward projects aimed at making safe water widely available.

"There is an absolute necessity to increase water security in order to overcome the challenges brought on by climate change and human influence ... We need commitment at the highest levels," the organization's president, Benedito Braga, said in a statement marking World Water Day.

Africa and Asia are the most affected by scarcity of safe water,



A man drinks water pumped from the Nile river on in Juba, South Sudan. Nearly a third of people in sub-Saharan Africa do not have access to safe drinking water. GETTY IMAGES

with Papua New Guinea, Equatorial Guinea and Angola reporting that clean water is available to less than 50 per cent of their populations, the statement said.

Globally, at least 1.8 billion people use a drinking-water source contaminated with feces, and half of the world's population will be living in water-stressed areas by 2025, according

to the World Health Organization.

The water problem is particularly serious in sub-Saharan Africa, where 32 per cent of people lack access to clean water and where some of the world's poorest live.

In Africa's largest city, environmental activists protested for better access to clean water. Com-

## + RED CROSS

The international Red Cross is appealing for \$400 million to help millions of people facing famine or the risk of it in four conflict-ridden countries: Somalia, Yemen, South Sudan and Nigeria. The Geneva-based humanitarian agency said Wednesday it wants a "massive scale-up" in assistance and hopes to provide "essential aid" to about 5 million people.

munity leaders in Lagos, Nigeria, said residents of the sprawling city of 21 million are suffering.

"When we fetch the water, it foams and smells like petrol and detergent was poured into it," Barakatu Elegbede said.

Less than 20 per cent of Lagos residents have access to clean water, said activist Akinbode Oluwafemi. THE ASSOCIATED PRESS

## UNITED STATES

### Trump 'vindicated' after intel briefing

Communications of Donald Trump's transition officials — possibly including the incoming president himself — may have been scooped up in legal surveillance but then improperly distributed throughout the intelligence community, the chairman of the House intelligence committee said Wednesday.

In an extraordinary set of statements to reporters, Republican Rep. Devin Nunes said the intercepted communications do not appear to be related to the ongoing FBI investigation into Trump associates' contacts with Russia or any criminal warrants.

Nunes, who served on Trump's transition team, said he believes the intelligence collections were done legally but that identities of Trump officials and the content of their communications may have been inappropriately disseminated in intelligence reports.

"What I've read bothers me, and I think it should bother the president himself and his team," Nunes said Wednesday after briefing Trump privately.

Trump said he felt "somewhat" vindicated by the revelations, despite the fact that

Nunes said the new information did not change his assessment that the president's explosive claim that Barack Obama wiretapped his New York skyscraper was false.

Shortly after being briefed, Trump told reporters: "I very much appreciated the fact that they found what they found."

Nunes said the information on the Trump team was collected in November, December and January, the period after the election when Trump was holding calls with foreign leaders, interviewing potential cabinet secretaries and beginning to sketch out administration policy.

U.S. intelligence agencies routinely monitor the communications of foreign officials.

Nunes said the names of Trump associates were "unmasked" after the incidental collection, though he did not identify those names. They are believed to include Michael Flynn, who was fired as White House national security adviser after misleading Vice-President Mike Pence and other top officials about his contacts with Russia's ambassador to the United States. THE ASSOCIATED PRESS

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## CHANTAL HÉBERT ON THE BUDGET WE'VE SEEN BEFORE



**Finance Minister Bill Morneau's second budget is, for the most part, a wordy rewrite of his previous one ... a sea of words that almost manages to drown the inconvenient fact that he is putting little or no money where his mouth is until just before the next election.**

If you subscribe to the notion that governments are meant to walk their talk at budget time, then Justin Trudeau's Liberals are on a treadmill.

Finance minister Bill Morneau's second budget is, for the most part, a wordy rewrite of his previous one.

It adds up to sea of words that almost manage to drown the inconvenient fact that, in most instances, he is putting little or no money where his mouth is until just before the next election.

Take innovation, the self-declared theme of the 2017 budget. As advertised, it has pride of place in the budget.

But that placement brings the government perilously close to indulging in false advertising.

Morneau's strategy, to put it charitably, is a work-in-progress. The government is still in consultation mode on most of the plan. Legislation to set up a previously announced infrastructure bank has yet to be introduced.

The government says it is about to engage in discussions with the CRTC as to how to go about ensuring high-speed Internet access for all Canadians.

That promise first surfaced in a Paul Martin budget in a previous century ...

The government wants to make it easier for unemployed Canadians to get training through unemployment insurance. But, if you are out of work this year, you may also be out of luck; the government is not planning to spend new

**Morneau's strategy is, to put it charitably, a work-in-progress.**



**MORE OF THE SAME FROM MORNEAU** There are plenty of understandable reasons even a government as young as this one would go on a holding pattern, Chantal Hébert writes. SEAN KILPATRICK/ THE CANADIAN PRESS

money in its skills section of its innovation agenda until next year.

Moving on to social programs, we are again presented with a slow-paced rollout that will see dollars magically materialize in greater numbers just before the next campaign.

The budget devotes what may be an all-time record number of lines to social and affordable housing, but only 20 million dollars to the file this year. It will be going up to almost a billion dollars in 2018-19.

On paper, the government is committed to helping the provinces create thousands of new child care spaces. But funds for the initiative will not start flowing until the last fiscal year of the mandate.

Ditto for culture. The Liberals would spend an extra two billion dollars over 10 years on support for the culture industry ... with the first instalment scheduled for

2018-19.

In the same spirit, the provinces will not see the colour of most of the extra money they were promised for home-care and mental health before the next election.

There are plenty of understandable reasons why even a government as young as this one would go on a holding pattern.

It will take more time for the dust to settle in the wake of the advent of Donald Trump's administration. (Indeed that dust may never really settle.)

Meanwhile, the future of Canada's trade relationship with the U.S. and the country's trade agenda, itself, are up in the air.

Trudeau's government already has irons in the fire on a number of fronts.

Its carbon-pricing plan has yet to be implemented. The future of the pipeline plans it has approved is uncertain. The clock is ticking on the promise

to legalize marijuana as it is on the commitment to striking a new deal with Canada's aboriginals.

The first Liberal budget was replete with big-ticket items, leaving it, over a period of uncertain economic growth, with little more than spare change to throw at other priorities.

Given all of the above, it is possible to construe Morneau's initial budget as a five-year spending plan and this year's instalment as the outline of the next Liberal election platform.

Except that it was not just spending on defining items on the Liberal agenda that is being shovelled forward; the government has yet to determine whether to bite the bullet on defence spending and respond to American pressures to up its contribution to NATO. A continuing defence review will eventually shed light on that.

The government is still flirting with the possible privatization of airports. That could be fraught with political perils. Those perils will only increase as we approach the election deadline.

It has postponed a comprehensive tax reform to another day. The political price tag on that could, too, increase with every passing month until the next campaign.

Last, but not least, it has yet to turn its mind to charting a credible path to return to balanced budgets.

As former prime minister Paul Martin could testify from firsthand experience, the line between prudence and dithering is a fine one.

**Chantal Hébert** is a national affairs writer. Her column appears in Metro every Thursday.

## I need to have a baby to benefit from this budget



**Vicky Mochama**  
Metro

I really don't want one but I think I should have a kid. I was reviewing the new federal budget and that's probably my best move.

Finance minister Bill Morneau introduced it with an anecdote about a Toronto taxi driver who, on recognizing Morneau, called his wife so they both could tell the minister about the positive impact the Canada child benefit has had on their lives. Good for them and their anecdotal children.

This budget goes further in supporting families. It proposes to let mothers to take more of their maternity leave in advance of giving birth and allow families to choose to spread parental leave payments over 18 months instead of the current 12.

I, for one, hope Morneau takes the bus when he's in town, because I might like to meet him to have a few choice words about the mid-2017 elimination of the public transit tax credit. It helped offset the cost of transportation by allowing you to deduct part of the cost of a transit pass on your income tax.

The government's solution is to give millions more to provinces and territories directly and through the proposed Canada Infrastructure Bank.

All that money goes to projects that are in progress and regional plans that are

under discussion. None of it goes towards a young person who is paying more and more for transit that doesn't go very far.

Recently, I added up how much I spend on cabs including Uber. I didn't like the number. Yesterday's budget promised to make it even bigger by requiring taxi-like ridesharing services to pay GST/HST – a tax increase that will be passed on to consumers. Now, if only there were some kind of infrastructure bank that paid for faster, more efficient transit so I didn't have to take cabs.

Perhaps their back-up plan is the Youth Service Initiative, which was mentioned in last year's budget. This year's budget allocates no money for this idea but there is a call for proposals.

My idea: Un- and under-employed youth should be drafted into service to piggy-back those of us who can no longer afford transit passes.

Speaking to press, Opposition Leader Rona Ambrose insisted her party would be the voice of the taxpayer. Who, I ask, will represent those of us who um, ah, haven't been super on top of our paperwork? (Hey, CRA, these are jokes. I promise.)

The budget also increases the excise duty on alcohol paid by importers and producers. This is a niche problem, but the price of my favourite wine has already gone up. A two-per-cent tax increase brings me down to just one or three bottles per week.

Which is bad, because I might need a glass or two to get into this baby-making venture.

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## INTERVIEW

### A very American movement will lead the demise of expertise: Author

**Genna Buck**  
Metro Canada



Tom Nichols is an expert. He has a PhD in government from Georgetown University. He's an authority on Russian politics and a professor at the United States Naval War College. But, he argues in *The Death of Expertise: The Campaign Against Established Knowledge and Why it Matters*, practically no one cares.

Across society, rich and poor, right and left, we're not just dismissing or criticizing experts, but poo-hooing the whole idea of expertise itself, he writes. And because it came out just as the world is reckoning with the rise of a proudly inexpert U.S. president, his book has touched a nerve.

You might know Nichols from Twitter as @RadioFreeTom, a famously ruthless conservative critic of President Trump. (He reluctantly supported Hillary Clinton in the 2016 election).

We asked him about the anti-expert trend and what to do with it.

#### There's always been anti-intellectualism. But it's become so noticeable. What's happening?

People don't want to talk about it, but it's because of the growth of narcissism in our society. We really have become so acclimated to thinking that our views on everything are as important and as worthwhile as everyone else's. Every professional in the world at this point has encountered somebody who has told them how to do their job.

#### You blame this in part on higher education.

I think a motivated, intelligent student can still get a great education

# No one listens to the experts anymore



Americans steadfastly believe in the common sense of the common person, says Tom Nichols, author of *The Death of Expertise: The Campaign Against Established Knowledge and Why it Matters*. ISTOCK/ILLUSTRATION

in Europe, Canada or the United States. But in the competition for students and loan dollars, colleges are marketing themselves to teenagers as though they're cars. Many more people are going to college, and many of them shouldn't be going. And that hurts the whole issue of expertise because ... college is no longer a good discriminator for who knows what they're talking about.

**The U.S. has elected a president**

#### who isn't shy about his lack of expertise. What was it like watching this wave of Trump mania?

I saw it coming. And this wasn't the first election. Although people want to tie this pretty strongly to Donald Trump, it's important to remember Barack Obama and Hillary Clinton's followers believed a lot of outrageous things as well. This has been going on for years. The Trump campaign,

better than anybody, caught this wave and surfed it effectively

#### Is there something specifically American about the anti-expertise trend?

Americans are not comfortable with ideas of class. We believe in the common sense of the common person. So there's always been fertile ground for questioning experts. What's different is this phenomenon of every-

one turning into insufferable know-it-alls. We (used to have) a healthy respect for the division of labour. And that's gone

#### Could automation be creating a false sense that jobs are simple and easy?

Absolutely right. The death of expertise is a disease of affluence. When you're looking around the world and everything just works, you say, "How hard can this be? Who can't fly a plane?" The other problem with so much technology is it makes people realize how dependent on experts they are. And that breeds a sense of helplessness and anger.

#### What do you think will make average people suffer the most under this trend?

Most troubles are recoverable. I mean if you screw up the economy, you can recover. But when people are out there suggesting that we need to do something firm about Ukraine, and then cannot place Ukraine on the right continent on a map, I worry that we're really headed into problems of war and peace. This kind of ignorant populism sooner or later will either decay into authoritarianism, or — the bigger danger — experts will simply disengage and start running things without arguing with the public.



**Tom Nichols**

#### Does anything give you hope that this can be turned around?

Nope. There's no hope. Thanks for the interview!

#### Really?

Well, I admit I'm somewhat pessimistic. I think the thing that's most likely to change this is some kind of economic or foreign policy disaster or a pandemic. Nothing will end the anti-vaxxer nonsense faster than a pandemic.

## INTERVIEW

# Globetrotter's memoir details life as a perpetual outsider

**Sue Carter**  
For Metro Canada



There is a leaf blower creating a ruckus outside Joan Juliet Buck's room at the Chateau Marmont.

The iconic Sunset Boulevard hotel, with its intimidating stone walls and discreet staff, has been a famous hideout for Hollywood celebrities, supermodels and other beautiful people since the 1930s. It's a world in which Buck is familiar — her father co-owned

a film production company with Peter O'Toole, her mother was an actor whose best friend was Lauren Bacall. But it's a world Buck has happily left behind, preferring now the more bohemian company of artists, writers and theatre performers.

Buck is on the phone at the Marmont doing interviews for her new memoir, *The Price of Illusion*, which chronicles her early life as an expat in Paris, her teenage years as an It Girl in Swinging London, a string of romantic affairs with the likes of Donald Sutherland and Eric

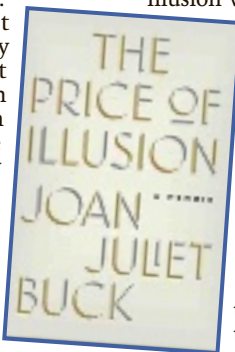
Rothschild, and her career as a cultural reviewer.

Buck is best known as the only American to edit *Vogue Paris*, which she did for seven years when she was inexplicably banished and sent away to rehab by her boss, the head of Condé Nast International, for a phantom addiction she clearly didn't suffer from.

The first draft of *The Price of Illusion* was more than 1,000

pages long, not surprising given Buck's rich life, her travels and the people she has encountered (there's even a chilling ghost story). But something happened as she "whittled and sculpted" to find the truth.

"I zeroed in on the thing that had been the problem all along, which has been illu-



sion," Buck says. "I thought there were parts of my life that were testaments to authenticity, and it was always something that I was seeking — except I loved all the glamour and the fantasy."

Buck spent much of her life feeling like a perpetual outsider, from the time her family moved to Paris when she was three, to her reign at *Vogue*.

One place that did feel like home to Buck was at the Irish estate of her father's friend and colleague, film producer John Huston — more specifically with his wife Ricki, a former ballet

dancer who was killed in a car crash at age 39.

Ricki's daughters, actor Angelica and author Allegra Huston, who Buck refers to as "semi-sisters," became unofficial fact checkers for the book.

Now age 68, Buck spends most of her time surrounded by trees at her small home in the Hudson Valley, which she bought after giving up her loft in New York's Hell's Kitchen.

Sue Carter is the editor at Quill & Quire magazine.



# Netflix can chill on tax? Not so fast

## BUDGET 2017 ANALYSIS

### New Uber tax may set stage for tariff on digital content



**Joe Callaghan**  
Metro Canada

The world's leading streaming service might have breathed an initial sigh of relief on Wednesday afternoon when it scanned the 2017 Federal Budget and found itself off the hook in the government's plan for the coming year.

Some observers had focused on the possible introduction of a 'Netflix tax' in Wednesday's budget. In the wake of Heritage Minister Melanie Joly's indication earlier this year that she was eager to find a way to both establish a tax on digital content subscriptions and upgrade Canadian content rules for the digital age, Netflix looked to be

in the firing line.

But the initial impression that they came out unscathed may be off the mark.

The 'Uber tax,' which was one of the headline policies unveiled by Finance Minister Bill Morneau Wednesday, set the precedent for a broader tax on digital services, a net that Netflix could in the future find itself caught up in.

Michael Geist, University of Ottawa law professor and one of the country's foremost voices on wireless and digital commerce, saw it that way.

"The biggest digital implications may ultimately come from the policy reforms," he wrote in an analysis of the budget. "First up may be new digital sales taxes. The...commitment to extend sales taxes to ride sharing companies such as Uber, (is) a move that seems likely to ultimately lead to a broader extension of sales taxes to digital services such as Netflix."

The Los Gatos, Calif.-based streaming service, which has more than 5 million subscribers in this country, has been en-



### The coming year will have enormous implications for the future of Canada's digital policies

Michael Geist, law professor

gaged in a stand-off with successive Canadian governments on a number of fronts. One of the debates is whether it should have to contribute to the Canadian Media Fund and Canadian content, something it is exempt from under the current Broadcasting Act because its operations aren't based here.

But with yesterday's budget promising reforms in both the Broadcasting and Telecommunications Acts, upheaval is likely.

"This guarantees that the major policy fights of the past year will continue into the next," added Geist in his post on michaelgeist.ca.



TORSTAR NEWS SERVICE

## Artists hope \$300M will mean more space to create

Last year's rollout of a raft of cultural funding by the Liberal government was never likely to be mirrored with another bonanza for the arts Wednesday. But the creative sector wasn't left totally empty handed.

One of the pledges came buried on page 142 of Finance Minister Bill Morneau's plan for the next year. Budget 2017 outlined a \$300 million boost to the Canada Cultural Spaces Fund which the government said will help "construct, renovate and better equip" creative spaces "for the next generation."

Prem Gill, CEO of Creative BC, an independent agency responsible for promoting the development of creative industries in the province, welcomed the proposal.

"In general we're seeing much

more of a collaborative shared workspace environment across the creative and tech industries," Gill told Metro. "Investing in any program that brings talent together especially in the creative industry always has a huge benefit. You're probably talking about upgrading and creating new spaces. You want it to fuel creativity when you bring people together."

For the on-the-ground creatives, yesterday's pledge also found welcoming ears.

Tom Chwieszczenik is a Toronto-based landscape architect who throughout the winter turns his attention to Winter Stations (pictured), a design competition challenging artists to turn a clutch of lifeguard stations along the city's lakefront into installations.

In light of concerns over high-

profile urban creative hubs disappearing — 401 Richmond, a long-standing hive for some of Toronto's creative and non-profits, is fighting crippling tax hikes — Chwieszczenik welcomed the Cultural Spaces boost.

"It's great that they're upping the funding in this area. It's somewhere where there is always funding and support needed. When you read about what's going on with 401 Richmond and all those other spaces, it's somewhere we need assistance right now," he said.

"From what I hear, from my friends in other categories in the arts, they all do have moments where they struggle, across the board. It's really great to hear them use terms like the creative (economy)."

JOE CALLAGHAN/METRO

## RELATIONSHIPS

# How to use business tactics to find your new romantic partner

**Genna Buck**  
Metro Canada



A lot of us think that to fall in love with the right person, all you need is to listen to your feelings and follow your heart. But father-daughter duo Michael Bennet, a therapist, and Sarah Bennet, a writer, have one thing to say about that: F\*ck it. Their new book, F\*ck love, is about how to approach the business of your love life as just

that, a business. Here is their best advice for making your own luck in love.

### You talk about using an HR approach to finding a partner. Does that take any of the mystery, intrigue and sexiness out of love?

**Michael:** Of course there has to be chemistry. You have to get interested. But once you're interested, you tend to forget all the basic common sense that goes

into HR searches. If you aren't diligent in your HR procedures and you hire somebody just because they're attractive, you're going to be very, very sorry.

Divorce so often is not a matter of falling out of love over something subtle. It's because something was missing from the beginning,



like reliability or solid commitment to the same values, or an ability to handle money. Those are HR things.

**Sarah:** Marriage is hard work. And it's harder work when you've committed to someone who isn't going to do their share.

**If you have a person who is unlucky in love,**

### or someone who keeps going after the wrong people, what is your best advice?

**Michael:** It's too bad, you just have to stop it. So, you know, they say "Why?" And I say that's not an acceptable question. While you're asking why, you're not stopping it. We're never going to find out why. It is what it is. Maybe you're just made that way. You've just got to stop it by mobilizing your values that tell you, "I want some-

thing else."

**Sarah:** My quick tip would be, if they keep doing the same thing over and over, is to write a list of the traits of these guys that suck. Do they share any traits? Make copies of that list, give it to your friends, and give them permission: "If I start dating someone and you see them have any of these traits, I'm allowing you to tap me on the shoulder and say 'Here are the things you've got to be careful of.'"

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The kids have grown up and moved out, now what? Maybe you're thinking about a smaller home, adventurous travels or even a new vehicle. We've got the scoop on all you need to know about life as an empty nester



Downsizing isn't just about real estate — there's a lifestyle change to consider as well. ISTOCK

# Downsizing for convenience

MOVING

## Baby boomers are downsizing to Ottawa's centre core

Jen Traplin

For many empty nesters, staying in their own home when their adult children move out has many benefits — it's paid off (or nearly paid off), there is plenty of room for family and kids to visit or for their elderly parents to move in and, of course, it's familiar.

Many others, though, are choosing to downsize for a number of reasons — namely convenience.

Paul Rushforth, owner of Paul Rushforth Real Estate, says there are lots of options out there for empty nesters in Ottawa who are looking to downsize their properties, adding many are now looking for the same thing in a home as their millennial children.

"The market is definitely shifting to smaller, compact and more convenient," Rushforth says.

"The Baby Boomers right now are downsizing into the centre

core — to areas like Westboro, Hintonburg and The Glebe. They want convenience, they want to be close to the amenities and the LRT when it comes."

While the high-rise condominium market is struggling a bit, Rushforth says, condo townhomes, one-story flats and bungalows are selling well. He also expects coach houses will be a popular option now that the City of Ottawa has approved bylaw

changes to allow for them.

Of course, downsizing your home means you will have to embrace some major lifestyle changes.

Rick Eisert, 2017 President of the Ottawa Real Estate Board, says the decision to downsize goes well beyond just the real estate side of things.

"When people do move into these apartments, there's an entire lifestyle change that needs to

happen," Eisert explains.

"In some cases, you're moving from a 2000 square foot house into an 800 square foot apartment so you have to think about what you are prepared to give up for that lifestyle. Do you still want the space for your kids to visit, or to host family dinners?"

"The real estate component is part of it but there are a lot of other factors that need to be taken into consideration."

## Plan to be financially secure in retirement

Retirement is the golden years when you should be able to enjoy life your way — but you'll need a solid financial plan before then to make that happen. Here are four financial tips to retiring well.

### Get out of debt

If you have a fixed income in retirement, as most people do, your purchasing power will go down over the years because of inflation. Debt is the last thing you'll want to use that income for.

First get rid of high-interest debt, like credit card debt. If you have a mortgage right now, ar-

range saving and payments so that you can pay it off before you retire, if possible.

### Be strategic about the tools you use to save

When you're saving for retirement, you can use one of several tools. RRSPs and TFSA's are two that can help you avoid income tax. But one can be better than the other, depending on your situation, so use them wisely.

For example, if you have a low income in a relatively lower tax bracket, top up your TFSA's before you top up your RRSPs. On the other hand, if you have a large capital gain one year, you can save yourself from being taxed at a higher rate by using that money to top up your RRSPs.

### Invest wisely

The traditional wisdom has been that, the older people get, the



You'll need to do some planning to be able to enjoy those golden retirement years. ISTOCK

greater the proportion of their investment portfolio should be in fixed-income investments, which guarantee you'll receive a fixed payment at a set time

and frequency.

However, that's not necessarily the best advice today when interest rates are historically low. In addition, life expectancy has

increased, so people need their wealth to keep growing to support them into very old age. As a result, some of today's retirees are keeping some of their

portfolio in higher-risk equities.

A financial planner can help you balance your portfolio to make your money last.

### Look at your cash flow

You'll likely have a fixed income when you retire, so you'll need to know you can cover all your expenses. Your income may include old-age security (OAS) payments from the government, as well as the Canada Pension Plan (CPP), a pension from your workplace, and a Guaranteed Income Supplement (GIS) for low-income people.

Create a budget that takes into account all your income and expenses during retirement. And don't forget to save a contingency fund to cover surprise expenses.

When it comes to retirement, it's never too early to start planning.

STEPHANIE ORFORD





# Create a financial plan for the nest



**“This is a boomerang generation where a lot of kids are coming back home.”**  
Vicki Campbell

Empty nesters should start their financial planning by ensuring they are ready for retirement. ISTOCK

## PREPARE

### Now that the kids are gone, it's time to reassess your finances

Jen Traplin

Just because the kids have grown up and left home doesn't mean it's safe to assume your days of saving for their future are behind you.

Vickie Campbell, financial planner with Ryan Lamontagne Inc., says, after your adult children move out, it's the perfect time to sit down and reassess where you're at financially.

“Finances have probably been a bit on the back-burner as you're running kids to and from and getting them ready for college or university. The first thing to really do is to sit down and take stock of where you're at, looking at your overall finances —

Do you have a pension? Do you have investments? — and think about where you want to be,” she explains.

Campbell suggests the best thing for empty nesters to do is to meet with a certified financial planner and don't be afraid to ask questions. Start by ensuring you're ready for retirement when the day comes.

“Once that's set, then you can set some shorter term goals — fixing the house, going on a vacation.”

And, even though their educations have been paid for, Campbell says it might be wise for parents to continue to invest or tuck money aside for their adult children, be it to help with the down payment of their first house or to pay for their wedding.

She also advises against being too quick to commit to major financial changes.

“This is the boomerang generation where a lot of kids are coming back home,” she says, “so you don't want to be too quick to change the spare bedroom into a den.”

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## Budget, manage debt and save with ease

Do you have a household budget? Do you know how much you'll need to save to maintain your lifestyle in retirement? Do you know how to get your credit report?

If you answered no to any of these questions, not to worry — many Canadians are just like you. Nearly two-thirds rate their own financial knowledge as poor, based on results from the 2014 Canadian Financial Capability Survey (CFCS).

The CFCS tests the financial literacy of Canadian adults as well as their day-to-day money management and long-term financial planning behaviours.

The survey found that fewer than half of Canadians take that first step in personal financial management — making a household budget.

While almost 70 per cent said they have no problem keeping up with their bills, three in 10 struggle to make their regular payments, and six in 10 don't know how much they'll need for retirement.

“Canadian households are dealing with record levels of debt and chronically low



Start taking control of your finances. ISTOCK

**30%**

Three in 10 Canadians struggle to make ends meet, while six in 10 don't know how much they'll need for retirement.

savings rates, but the Financial Consumer Agency of Canada has the information to help build your knowledge and skills, which can help you feel in control of your finances,” says Jane Rooney,

Canada's Financial Literacy Leader.

The Financial Consumer Agency of Canada's website has tools to help, including a quiz to test your financial knowledge. It points you to the resources that can increase your knowledge in the areas where you need a boost. On the site, you will also find the Canadian Financial Literacy Database, which includes more than 1,300 resources and events to help you budget, manage debt and save for retirement.

NEWS CANADA



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# Put your heart into making healthy choices

## TIPS

## No matter your age, managing your health is critical

Many Canadians do not consider their heart health until they are older. According to the Heart and Stroke Foundation, two out of three Canadian women have one or more major health factors that elevate their risk for heart disease, like diabetes or menopause. No matter your age, it is always a good time to start managing your heart health.

There are many small changes you can make to improve your heart health. Between regular physical activity and smart meal planning, here are a few ways to keep your heart health on track.

### Good fats vs. bad fats.

A great way to manage your heart health is to consider both the amount and type of fat you eat.

### Make small changes to improve your heart health. ISTOCK

Substitute bad saturated and trans fats in your diet with good fats like polyunsaturated and monounsaturated fats, which can help lower

cholesterol levels.

Polyunsaturated fats are naturally found in vegetable oils, soft margarines and nuts and seeds. Canada's Food

Guide recommends including a small amount — 30 to 45 mL or two to three tablespoons — of unsaturated fat each day. This could include soft,

non-hydrogenated margarine made from plant-based oils.

### Get up and get moving

Living an active lifestyle is

## 150 mins

The Heart and Stroke Foundation suggests getting 150 minutes of moderate to vigorous exercise every week to maintain heart health.

beneficial to heart health. The Heart and Stroke Foundation suggests getting 150 minutes of moderate to vigorous physical activity per week.

### Get back into the kitchen

A great way to ensure you have heart-healthy foods available to you for each meal is to prepare them yourself. Some prepared foods can be high in calories, sodium, sugar or bad fats but, by preparing them at home, you can make simple substitutions to feel good about what you are eating. Watching your heart health does not have to mean making drastic life changes — rather, it is about making smaller, more manageable changes, with food choices being one of the easiest.

NEWS CANADA



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## Simple guide to nutritious eating



Learn how to eat nutritiously with recommendations from reliable resources. ISTOCK

If you listen long enough to conversations about food, you're bound to hear contradictions.

A wealth of studies put ingredients like sugar, fat and sodium on a sliding scale between unhealthy and not-so-bad, and unless you're keeping up to date on the latest research, knowing what's good for you can seem like a lot of work. Fortunately, there are some trusted places you can turn to for advice on making nutritious choices.

### Online resources

Government-funded websites like Eat Right Ontario provides guidance from registered dietitians.

They feature recipes, resources for educators, menu plans and articles on topics like childhood nutrition and smart shopping. Other websites and blogs can be a great place to obtain

nutritional advice, but it's a good idea to ensure the contributor is a credible source like a doctor or registered dietitian.

### Nutritional facts tables

In Canada, packaged goods must have nutrition facts tables so consumers can learn more about the vitamins and minerals contained in products they're consuming. But nutrition facts tables aren't limited to packaged goods alone. Many restaurant chains post nutrition facts tables online or will provide them upon request, and regulations in places like Ontario may require calories to be posted on food service menus.

The government's Healthy Canadians website has an excellent guide to help you interpret nutrition facts tables.

### Registered dietitians

Registered dietitians are ac-

credited health professionals who are trained to use a range of medical and nutritional research to help you make food choices.

Dietitians may be available through your public health service provider or a private practice. Some grocery stores like Loblaws and Zehrs have registered dietitians on staff who provide one-on-one consultations, store tours, field trips and cooking classes.

### Canada's food guide

Although changes may be in store to update Canada's Food Guide in the coming years, it remains a valuable tool for helping structure your diet.

The food guide was created in 2002 based on a range of nutritional research and was last revised in 2007 to incorporate new research and testing.

NEWS CANADA



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# Freedom to go globetrotting

## TRAVEL BUG

### Empty nesters planning bigger and longer trips

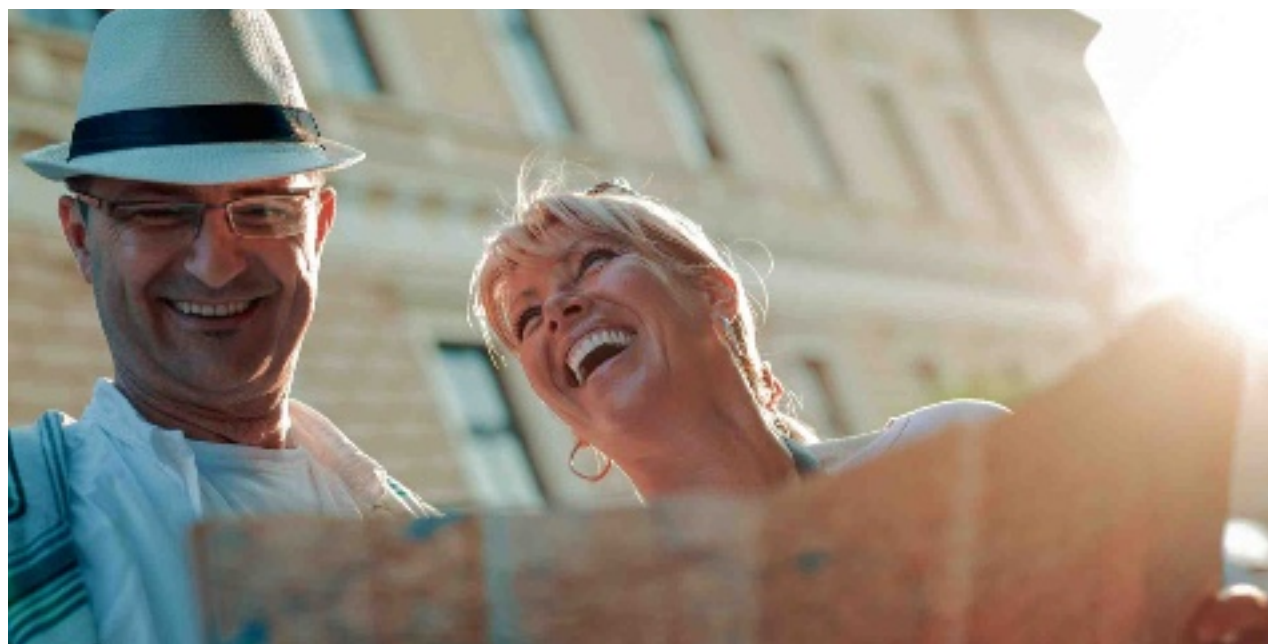
Jen Traplin

As parents, there are a number of changes you can expect when your adult children leave home — one of could be having the freedom to plan that trip of a lifetime you always dreamed of but could never pull off with kids in tow.

“Your life changes and now you’re not committed in the same way so you get to travel,” says Elliot Finkelman, owner of Expedia CruiseShipCenters in Westboro and Kanata.

“Now that you don’t have the expense of the children, you have more time and money, so you can go see and do the things that you’ve always wanted to.”

Finkelman says many empty nesters are taking the opportunity to go on longer trips because they couldn’t get away for more



When your children leave home you can plan the trip of a lifetime — the kind you could never pull off with kids in tow. ISTOCK

than a week or two at a time while raising young kids.

“We see the tendency to go farther and to go away for longer — that Australian trip, for example — because now they don’t have to worry about how

much school the kids are missing,” he explains.

For parents who wish to include their adult children in their travel plans, it’s easy enough to incorporate them while also ensuring plenty of

time for yourself.

“There is a lot of multi-generational travel going on where the empty nesters travel with their kids,” Finkelman says.

“On a cruise, for example, it can be a very separate trip but

they can meet for dinner every night. We often get parents that take the kids with them for a week and then continue on for another few weeks travelling by themselves.”

While it may seem simple to

“

Now that you don’t have the expense of the children, you have more time and money, so you can go see and do the things that you’ve always wanted to.

Elliot Finkelman, owner of Expedia CruiseShipCenters

book your trip online, Finkelman says it always pays to have a travel consultant on board.

“Everybody thinks that you can just push a button and go until you start doing it. You get so much information and it’s overload. It’s getting more complex. What you need to do is seek out somebody who asks you the right questions to understand what you truly want for your travels,” he explains.

“I think there’s the perception that you’re paying more but there’s very little or no cost to it.”



## Questions about Retirement Living?

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## Get out and stay active

From line dancing to life drawing, recreational sports leagues and gardening, there’s no shortage of group activities for mature adults here in the Ottawa area.

### GET OUT THERE

**City of Ottawa Recreational Programs**  
ottawa.ca

The City of Ottawa’s Older Adult Activity Guide includes a number of fun, recreational options for adults aged 50 and older, including dance, art and computer classes, as well as ukulele lessons, tai chi and bridge.

**Ottawa Public Library**  
bibliooottawalibrary.ca

The Ottawa Public Library offers a number of programs for adults aged 50 and older, including a knitting and crocheting club, organic vegetable gardening workshops, computer clubs and more.

### STAY ACTIVE

**Active Living Club**  
citywidesportsottawa.ca

The Active Living Club (ALC) is open to outdoor enthusiasts ages 50 and older. Members can take part in programs throughout the year, including cycling, hiking, snowshoeing and cross-country skiing.

**Ottawa Sport and Social Club**  
occs.ca

The Ottawa Sport and Social Club now offers League of Legends, a variety of sports leagues and social events for the 35+ crowd.

JEN TRAPLIN



There are no shortage of group activities for older adults in Ottawa. ISTOCK IMAGES



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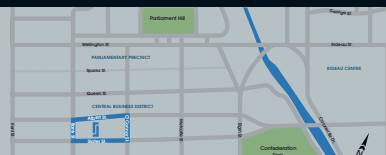
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While a Porsche convertible may be within reach for empty nesters, you should make sure the vehicle fits into your needs before buying it. TORSTAR FILE PHOTO

# Drive over the hill in a luxury vehicle

## CRUISE IN STYLE

**Consider your long-term needs before purchasing**

**Jason Menard**

The kids have moved out and that may mean it's a great time to trade in that utilitarian vehicle or family van for something a little less... practical. And while going wild and buying your dream car may be in the cards, it may be prudent to look at your long term needs.

"For parents who felt they had to save money for their kids and put off buying their 'dream car', this stage of life might just be the right time to finally get what they want," explained Amy Orfanakos, senior communications specialist at CAA North and East Ontario. "Buying a car for a family is different from buying one for yourself, but while the Porsche convertible is potentially within reach, before making that big purchase some questions to ask yourself are: What do I need this car for? How much will I be driving this car? Who will potentially be driving in this car with me? Grandkids, etc. How long do I plan on having this car for?"

"Just because it is time to trade in that minivan with the back-seat entertainment unit, doesn't mean drivers shouldn't still look

at overall comfort, safety and general need when buying."

Andrew Tai, CEO of Unhaggle explained that there does exist the traditional "mid-life" motivation for car buying, but there are other factors that impact buying.

"There's the classic mid-life crisis cliché — once the kids are gone — that comes out. I think that certainly exists. Part of that is that your disposable income goes up when the responsibility for the kids go down," Tai said, adding that premium vehicles are a popular purchase. "The statistics show that luxury is the fastest-growing market. The average new vehicles prices have been increasing — and that's a trend we tend to see during economic upturns."

There is a lot of talk about the changing vehicle market, but Tai explained he sees car ownership as part of our lives both in the mid and long-term.

"I think cars have this special emotional appeal. On the Internet you'll read a lot about the 'death of car ownership.' There's talk about a potential generation shift where people focus on car-sharing and Uber," he said. "I think the data we're actually seeing is the opposite of that. New vehicle sales are at an all-time high. At the recent Toronto auto show, attendance was at an all-time high."

"Cars are a very emotional type of purchase. People love to drive and cars are cool — in very simplistic terms."

## VEHICLE MARKET

**Canadian car buying statistics**



**Land Rover Discovery.**  
TORSTAR FILE PHOTO

- Luxury new vehicle sales volumes grew more than 11.7 per cent in 2016 vs. 2.8 per cent for the entire new vehicle market (includes Audi, BMW, Jaguar, Land Rover, Maserati, Mercedes, Porsche, Volvo).

- Attractive interest rates and longer-term loan maturities are making monthly payments more affordable for consumers (56 per cent of new vehicle loans have maturities of 84 months or greater, according to J.D. Power).

- Customers are visiting far fewer dealerships today given the ability to do far more of their research with online resources (DMEautomotive study).

- One in five (18 per cent) Canadians are holding off from purchasing due to value uncertainty and fear of negotiation (Autotrader.ca study).

**JASON MENARD WITH FILES FROM UNHAGGLE.CA**

**For parents who felt they had to save money for their kids and put off buying their 'dream car,' this stage of life might just be the right time to get what they want.**

Amy Orfanakos, CAA North and East Ontario



# Buying a car is a whole lot easier

DO YOUR HOMEWORK

**Online tools can take the frustration out of the process**

**Jason Menard**

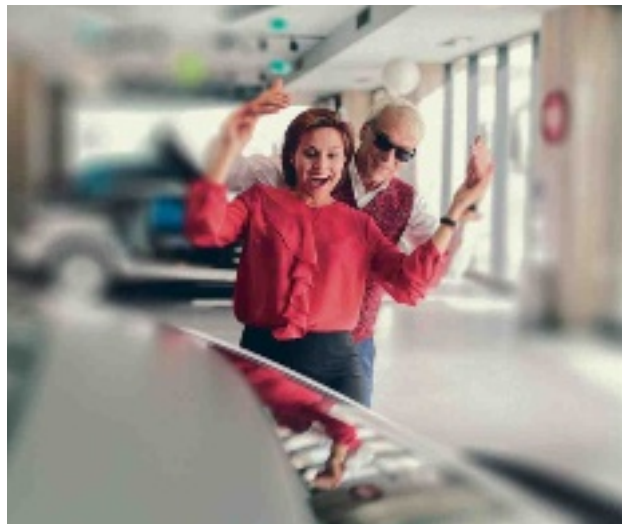
"Today customers have a plethora of information available to them even before they step into the dealership," explained Andrew Tai, CEO of Unhaggle. "There's no excuse not to do research before you step into a dealership."

The biggest advantage that the age of the Internet offers is the opportunity to quickly compare and contrast types of vehicles, local prices, features, and financing and leasing options.

"With the amount of tools and research available, the old-school picture of negativity and frustration that consumers have felt with car buying, doesn't apply," he said. "Negotiating a price isn't hard anymore."

"Sites like ours [unhaggle.ca] and other third-party sites like Consumer Reports help you compare options and pricing. Every major newspaper has an auto section and all these sites make it easier for you to do research."

Amy Orfanakos, senior communications specialist at CAA North & East Ontario suggested



**You can now do a lot of the research up front — even before you step into a dealership.** ISTOCK

that car buyers make sure they vet their sources of information carefully.

"Online is a great place to start, but look for well-known reputable publications or organizations like CAA and AAA. The Canadian Association of Occupational Therapists is also a great place to look for tips," she said. "Be smart about the website and advice that you read online, while community forums are a great resource, they shouldn't serve as the only source of information."

Tai explained that you can still go to individual dealer sites

to learn about the brand options that are available. And you can compare models manually between brand, but sites like Unhaggle do the work for you.

But while you can do a tonne of research up front, dealerships still play a key role in the car-buying process.

"What's interesting is that customers are going into far fewer dealership as opposed to 15 years ago," he said. "The dealership still plays an important role — test driving a vehicle can change a lot."

"You still want to touch and feel. You can't quite replace that experience."

## Is it time to live out your dream?

Many people have a dream car in mind — that one that either got away or was too far out of our financial reach. But once the kids are gone and the nest is empty, it can be the ideal time to live out that long-held dream — and for many people that means purchasing a classic car.

"There is an appeal and in fact most are in this age demographic and older as many of us remember the cars of our youth and now want to own one the we couldn't afford at the time," explained Bob Wallace, president of the Antique and Classic Car Club of Canada. "The car hobby is like many hobbies where a person has an interest and gets involved whether be collecting something like vintage wine, coins, or stamps, or participating in something like dance, travel, knitting, etc."

"Disposable income has some



**Once the nest is empty, it can be the ideal time to live your dream of purchasing a classic car.** ISTOCK

impact but not necessarily the only thing."

So how do you choose the right vehicle? While being aware about long-term mechanics and reliability may be important, Wallace said purchases tend to be driven by something a little less intellectual and much more emotional in nature.

"Most people choose by their heart, what they remember, what they like," he said. "In my case I grew up with Mustangs and wanted to get one once the family were on their own and I had time to enjoy them. Now I have two: a 64 1/2 and a 68."

Because of the emotional aspect of car buying, Wallace said he recommends bringing in someone to assist in the process.

"The most important thing you can do is have someone else look at the car with you. This could be a fellow knowledgeable club member and inspect it so that you know what you are buying, something you can drive right away or a project to be worked," he said. "The cost of restoration can be larger than the value when finished. This is the best approach you as the buyer may be seeing it with their heart and not your mind." JASON MENARD

## Are You Thinking Of Downsizing

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# Start focusing on what really matters with proper eye care

If you find yourself being of a certain age and reaching for a pair of reading glasses — or stretching out your arms to hold that book farther and farther away — you may be suffering from presbyopia. But despite its intense-sounding name, Dr. Sheldon Butler, optometrist at Rideau Optometric, said that there's really nothing to worry about.

"Presbyopia happens to everyone over 40," Butler explained. "Presbyopia is caused by the hardening of the lenses inside the eye, preventing it from changing shape to focus up close."

Screen time doesn't hasten or worsen the natural changes that occur in the lens. However, these changes are more noticeable because of the increase of time we now spend on our computers, tablets and smartphones, both professionally and personally.

"Patients will find that they are moving reading or viewing material further and further away," he said. "As such, it is a gradual onset. Think of the times you found yourself, or being with someone, at a restaurant in poor lighting, trying to read the menu."

"Do your arms become too short to allow proper reading? In addition, patients report having to increase font size on screens."

Presbyopia is generally corrected with glasses and contacts, he said.

"For some patients, progressive/multifocal (sometimes called no-line bifocals) glasses and contacts work well," Butler added. "Some patients have difficulty adjusting to their vision in progressive/multifocal glasses. The majority of people become comfortable using them within one to two weeks."

"For some, progressives do not work. Those patients often find that multiple pairs of single vision glasses or combinations of glasses and contacts do the trick."

There are also over-the-counter (OTC) reading glasses available for people — though Butler said that while OTC reading glasses are not dangerous, you should still get your eyes checked.

"Much like your family doctor will not typically object to you using over the counter medication, optometrists do not



ISTOCK

object to non-prescription reading glasses," he said. "Glasses cannot damage your eyes, this is a fairly common myth. OTC readers are a good alternative but they can cause eyestrain or headaches if a patient has a different prescription in each eye, or if they have astigmatism. Often patients choose the

wrong power for their readers.

"Bottom line, it is very important to see your optometrist regularly to ensure that your eyes are, and remain, healthy. Your optometrist will be happy to recommend power for readers if they're a good option for you."

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## LONGFIELDS STATION



### Project overview

Breaking ground in May 2015, Longfields Station in Barrhaven has just been completed this year and is now ready for occupants. The site includes a range of executive townhomes, flats, terrace homes and condo apartments — providing affordable, functional and conveniently located living options not far from downtown Ottawa.

### Housing amenities

Longfields Station models have spacious rooms with nine-foot ceilings. They included appliances and features like nine-foot ceilings, hardwood flooring, granite or quartz countertops, custom cabinetry and central air conditioning. The building has heated underground parking and storage lockers, as well as a large communal outdoor terrace.

### Location and transit

Right in the centre of Barrhaven, the development is a block away from the new Longfields Transit Station. The area includes health services, multiple schools and a range of shopping options. The Station, a condo building that forms part of the site, also has seven commercial businesses on its main floor.

### In the neighbourhood

Everything is nearby: recreation, entertainment, cafés and restaurants. The community faces South Nepean Park and there are bike paths and walking trails nearby, allowing homeowners to make the most of the community. Safe and affordable, the area is great for first-time home buyers, retirees, or young families. ILANA REIMER/FOR METRO

### + NEED TO KNOW

**What:** Longfields Station  
**Builder/ Designer:** Campanale Homes  
**Location:** Off of Longfields Drive  
**Building:** Townhomes, condos and terrace homes  
**Model:** One to four bedrooms, one to 3.5 bathrooms

**Sizes:** 606 to 1,165 square feet  
**Pricing:** Starting at \$214,900  
**Status:** Now selling  
**Occupancy:** Anytime  
**Sales centre:** 613 Longfields Dr., unit 102  
**Phone:** (613) 440-3750  
**Website:** campanale.com

CONTRIBUTED



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# Studios that inspire the creative process

## INTERIORS

### Spaces should be adaptable to enable a fluid workflow

Spaces where creativity happens are utterly unlike other rooms, artists and designers say.

Whether at home or else-

where, these deeply personal spaces often feel like they're in flux, with interiors more curated than decorated. They often feature natural objects and personal totems. They can feel messy, but also like a window into an artist's mind.

"I am always mesmerized by what goes on in these creative spaces. They are very special and often very private. The hardest part is convincing people to let you in," says

Paul Barbera, who has photographed over 200 studios of both established and up-and-coming designers, architects and artists around the world.

His most recent book is *Where They Create, Japan* (Frame Publishers, Amsterdam). Matthew Waldman, founder of a watch company called Nooka, is one of the designers featured in the book.

"I like to have a lot of stimulation in my creative space,

with things to touch and look at, things that inspire me, and lots of plants," says Waldman.

Louisa Roebuck, who, with Sarah Lonsdale, wrote and photographed *Foraged Flora* (Ten Speed Press), featuring images and descriptions of the workplaces of various California "creatives," says "creative spaces reflect an intersection between the highly personal and professional."

The studios, ateliers and

other spaces explored in these books vary widely, but many include plants or pets, quirky objects, and odd assortments of objects grouped in visual vignettes.

"A lot of the things we collect connect us to other places and times, like relics or fossils, shells, stones or bits of inspiration," Roebuck says.

"My studio is full of totems."

The rooms also tend to have plenty of natural light or access to the outdoors.

"My home is very pared down but the desk in my studio area is covered in things," says Lonsdale.

"The most creative spaces seem to have the messiest desks. I love those desks. And many creative people spread things out across walls or floors. It's a way to visualize. It's work in progress."

Rachael Weiner, senior style and market editor at *Real Simple* magazine, says anyone can foster creativity in their home office or studio space.

"While a home is a place to foster tranquility, to relax and recharge, a creative space is the opposite. You want it to be comfortable, but you also want the energy to be dynamic," she says.

THE ASSOCIATED PRESS



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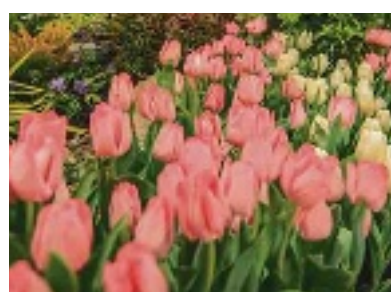
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Self-taught architect Tadao Ando working at his desk in Osaka. This photograph is featured in Paul Barbera's book *Where They Create, Japan* from Frame Publishers and explores creatives' studios and workplaces. PAUL BARBERA/THE ASSOCIATED PRESS



**I am always mesmerized by what goes on in these creative spaces. They are very special and often very private. The hardest part is convincing people to let you in.** Paul Barbera, *Where They Create*



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# Karlsson rounding into Hart Trophy contender

**NHL**  
**Senators captain subtly improving on defensive end**

Guy Boucher might be biased, but the Ottawa Senators head coach is certain Erik Karlsson deserves consideration for the Hart trophy as the NHL's most valuable player.

"With what he's done this year, the way he's done it, I can't imagine better," Boucher said. "Right now it's absolutely sublime, it really is."

Karlsson is having the most well-rounded season of a career that's already includes two Norris trophies. But his improvements have actually been subtle, magnified by the Senators' excellent play this season.

In other words, he was already pretty good.

Even Karlsson wonders if he's actually at his best, noting no improvements in his skill or skating "or anything like that."

"I think that as of right now with the team that we have and the style of play that we have I think that everybody has done a good job in adapting to it and finding ways within the system

to be successful," a diplomatic Karlsson said.

His defensive improvement this season is primarily tied to blocked shots. He unexpectedly led the league with 196 entering Wednesday's games and already has more than last year, when he finished 11th.

He said the improvement has been "helping me defensively to get pucks out easier and not having to battle the big guys in front of the net."

"The blocks are so well thought out," veteran Senators centre Chris Kelly said. "It's not just going out there and fronting it, he's realizing when the proper time is to block the shot and get the play going."

The increased dedication to shot-blocking indicates commitment to Boucher's "extremely defensive" style of play, which has the club leading the NHL in blocked shots while leaping from one of the worst defensive outfits to top-10 status.

More blocked shots means



**Every effort he's put in, his approach to the team this season, this year, was all about leadership and winning and the collective.**

Senators head coach Guy Boucher



Senators defenceman Erik Karlsson knocks the Flames' Johnny Gaudreau off the puck at Canadian Tire Centre on Jan. 26. FRANCOIS LAPLANTE/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

less time with the puck though, so the Senators are actually giving up more shot attempts with Karlsson on the ice this year. The captain's puck possession

numbers, relative to teammates, have also gotten slightly worse as he adapts to fit the team's system.

Absorbing the NHL's heaviest workload last season — almost 29 minutes per-game — Karlsson has seen his ice-time scaled back under Boucher. Karlsson is actually garnering almost five shifts more per-game than last year (31.7, second-most in the NHL), but they're cut down by 13 seconds on average.

Maybe most interesting and effective for Ottawa is an increase in Karlsson's penalty killing duties, which has helped the unit leap from 29th last year to top-15 overall.

"There's always going to be nights when you think you can do more and you want to do more, but you don't get the chance to do it and at the end of the day that might be a good thing," Karlsson said.

THE CANADIAN PRESS

## CURLING Homan takes top spot for playoffs

Canada's Rachel Homan kept her unbeaten streak intact at the world women's curling championship on Wednesday, locking up first place in the round-robin standings in the process.

Homan (9-0) posted a 6-4 win over Sweden's Anna Hasselborg in the afternoon draw before topping Anna Kubeskova of the Czech Republic 9-3.

"We just keep our heads down, we work hard, and at the end of the week to be in this spot, it feels great," said Canada second Joanne Courtney. "But we still have a lot more work to do."

By clinching top spot, Homan, Courtney, vice-skip Emma Miskew and lead Lisa Weagle will carry last-rock advantage in the first end of the Page playoff 1-2 game on Friday night at the Capital Gymnasium.

Canada will close out round-robin play Thursday with tune-up games against Italy's Diana Gaspari and Denmark's Lene Nielsen.

"It feels pretty good, it's such a long week and it's nice to know now that we've got first place, we've got hammer, which we love," Miskew said. "It's a long round-robin and we're pretty excited to know that we're in that position."

Sweden rebounded after the Canada loss with a 6-5 win over South Korea's Eun Jung Kim to sit in second place at 7-2. Russia's Anna Sidorova was third at 6-3 after an 8-6 win over American Nina Roth. THE CANADIAN PRESS



Rachel Homan releases a stone against Sweden during at the world championship in Beijing on Wednesday. NG HAN GUAN/THE ASSOCIATED PRESS

### IN BRIEF

**State lowers McGregor fine**  
Nevada athletic officials on Wednesday significantly reduced the penalty they imposed on UFC star Conor McGregor following a profanity-laced, bottle-throwing fracas with a rival during a pre-fight news conference last year.

The Nevada Athletic Commission approved an agreement with McGregor that settled on a \$25,000 fine (down from \$150,000), 25 hours of community service and a little over \$1,000 for the state's legal costs. THE ASSOCIATED PRESS

**Canada ties Scotland in men's soccer friendly**  
Canada tied Scotland 1-1 Wednesday in a soccer friendly that will have done little to boost Scottish spirits before a key World Cup qualifier on the weekend.

At No. 67, Scotland is ranked 50 places higher than Canada, which had lost all five previous meetings between the two.

Fraser Aird opened the scoring for Canada before a sparse Edinburgh, Scotland, crowd and Steven Naismith replied in the 35th minute.

THE ASSOCIATED PRESS

### NCAA BASKETBALL

## Sweet 16 teams also winning in class

Men's and women's basketball teams in this year's Sweet 16 are graduating more players and experiencing all-time high academic success.

The programs still alive in the NCAA Tournament are enjoying the best academic success since The Institute for Diversity and Ethics in Sport on the University of Central Florida campus has been tracking the numbers, according to a study it released Wednesday.

This year, 15 of the 16 men's

teams, and all of the women's teams, that made it to the Sweet 16 have an Academic Progress Rate (APR) of 960 or better.

These programs are also graduating their players at a higher rate, with 81 per cent of the men and 100 per cent of the women holding a Graduation Success Rate (GRS) of at least 60 per cent. These numbers either equal or surpass all-time highs for this particular TIDES study, which has been in existence since 2003. THE ASSOCIATED PRESS

### THURSDAY

#### MIDWEST At Kansas City

- 1 Kansas (30-4) vs. 4 Purdue (27-4), 9:39 p.m.
- 3 Oregon (31-5) vs. 7 Michigan (26-11), 7:09 p.m.

#### WEST At San Jose

- 1 Gonzaga (34-1) vs. 4 West Virginia (28-8), 7:39 p.m.
- 2 Arizona (32-4) vs. 11 Xavier (23-13), 10:09 p.m.

\*All times ET



## MAKE IT TONIGHT

## Side-licious Roasted Broccoli



PHOTO: MAMA VISNEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



• 1/4 to 1/3 cup grated Parmesan

## Directions

**1.** Preheat the oven to 425 degrees.

**2.** Wash and dry the broccoli very well. Scatter on a baking sheet. Drizzle with olive oil and sprinkle a good pinch of salt and pepper.

**3.** Pop in a hot oven for 20 to 25 minutes until the broccoli starts to char slightly at the edges

**4.** Remove from the oven and toss with lemon juice and zest. Transfer to your serving dish and cover with the grated cheese. Blueberry Grunt

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## Ready in 30 minutes

Prep time: 5 minutes  
Cook time: 25 minutes  
Serves 4

## Ingredients

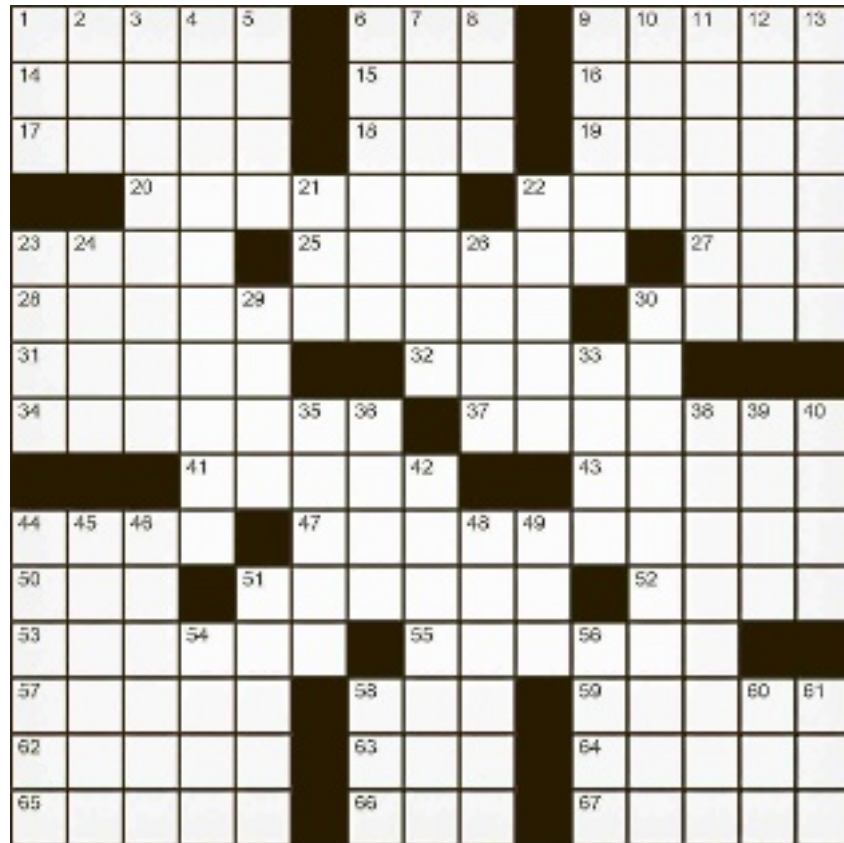
- 1 head of broccoli, cut into not-too-small florets
- 4 Tbsp olive oil
- salt and pepper
- 1 tsp lemon zest
- 2 or 3 good squeezes of lemon juice

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Occupationally overwhelm  
6. 1995 album: 'A Boy Named \_'  
9. Gather up  
14. Son on classic sitcom "My Three Sons"  
15. "State \_ Main" (2000)  
16. Sacred choral piece  
17. Greenish-blues  
18. Y's Canadian spelled-out follower  
19. Go in  
20. Comic strip, For \_ or For Worse  
22. Doesn't really know  
23. Entertainment production  
25. Flourish  
27. Modern  
28. Pembina Valley community in Manitoba approximately two hours southwest of Winnipeg: 2 wds.  
30. Some Smarties  
31. Burning  
32. Steven Seagal movie, "Under \_" (1992)  
34. Identifying stock exchange symbols  
37. Bridge framework  
41. French writer Mr. Zola (b.1840 - d.1902)  
43. Ventilated  
44. Awaken  
47. Nunavut: Part of Baffin Island, \_ Peninsula  
50. Write  
51. Spoken  
52. Car race, \_ 500



53. Pasta brand  
55. Movie shoot dailies  
57. "The Love Boat" bartender  
58. Tunesmith Mr. Dylan  
59. Not qualified  
62. 'Four'-meaning prefix

63. Rap music's Kim  
64. Cake's coating  
65. Ranch animal  
66. Tip to 'ment' (Factor)  
67. Communicates via smartphone

## DOWN

1. Jiffy  
2. \_ humour  
3. Steroid sort  
4. Excavating employee  
5. Fruit fly, for one  
6. Summerhome's shady shelter  
7. Burdensome

8. Curious  
9. Make better  
10. Wee weekdays  
11. Make harmonious  
12. Propheticized, say  
13. Scatters  
21. Aberdeen accessory

22. "Down \_" by Men At Work  
23. Squabble  
24. R.E.M. album: 'New Adventures in \_'  
26. Police K-9 \_  
29. Overbrim  
30. I-was-knocked-down-but-I-got-back-up quality  
33. Equipment  
35. \_ -Roni (Sideshish brand est. 1958)  
36. Curved musical symbol  
38. Fascinate  
39. Loan  
40. Bandleader/pianist biopic starring Tyrone Power, "The \_ Duchin Story" (1956)  
42. Tangle into the trouble  
44. Chops the logs for firewood  
45. Red Rose service: 2 wds.  
46. Intrinsic  
48. Showy trinket  
49. "SCTV" cast member ...his initials-sharers  
51. \_ of Christ aka The Pope  
54. Maintenance  
56. 'Eight' in Edmonton  
58. Wheat, in Saguenay  
60. Savings acct. rate  
61. ' \_ \_ \_ with Tracy Jordan', as on "30 Rock"

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You might be obsessed with something today. Furthermore, you might demand that you get your way. Lighten up.

**Taurus** April 21 - May 21  
If you have to do research today, you probably will be successful. You won't stop until you find what you're looking for. You'll be like a dog with a bone.

**Gemini** May 22 - June 21  
Conversations with friends and groups will be intense today, because people are purposeful and bossy. Avoid someone if he or she is coming on too strong.

**Cancer** June 22 - July 23  
Try to be tactful during conversations with bosses and parents today, because power struggles might take place. If people disagree, they quickly will begin to argue.

**Leo** July 24 - Aug. 23  
Do not try to coerce others into your way of thinking, especially about politics, religion or racial issues. However, this is a good day to study something, because you have focus.

**Virgo** Aug. 24 - Sept. 23  
Arguments about how to divide or share something today might arise. Arguments about shared responsibilities also might be a problem. Try to avoid these arguments.

**Libra** Sept. 24 - Oct. 23  
Someone might try to force his or her point of view on you today, or vice versa. This doesn't promote a happy relationship, does it?

**Scorpio** Oct. 24 - Nov. 22  
Because you are obsessed with something today, you can tackle a routine job and get a lot done. You also might study and learn something new at work.

**Sagittarius** Nov. 23 - Dec. 21  
Romantic partners might have trouble today, because this is not an easygoing day. People want their own way and they're not prepared to compromise. Yikes.

**Capricorn** Dec. 22 - Jan. 20  
Because you might be obsessed with something today, you actually can use this energy and get a lot of work done.

**Aquarius** Jan. 21 - Feb. 19  
Avoid family debates today — they will accomplish nothing. However, if you roll up your sleeves, you can do some hard work at home, especially related to bathrooms, plumbing, garbage and recycling.

**Pisces** Feb. 20 - March 20  
Don't come on too strong when talking to others today, because you are tempted to do that. Remember: You get more flies with honey than with vinegar.

## CONCEPTIS SUDOKU by Dave Green

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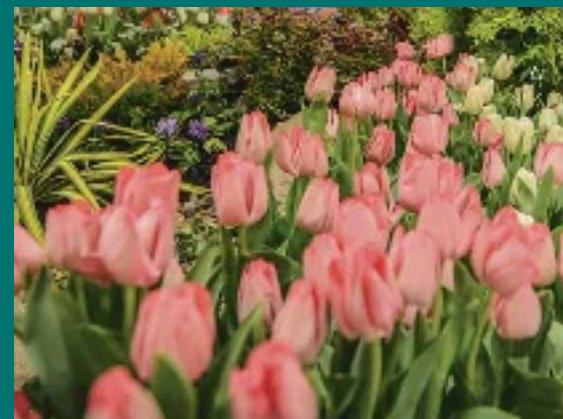


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